

Mealtime Conversation Starters

INSTRUCTIONS: Cut cards on lines. Put on table in a small cup or bowl.
Choose one card at a time for enjoyable family conversations.

For Tots

If you could have a super power, would you rather fly or be invisible? Why?



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If our family could have any animal in the world as a pet, what would you like to have? Why?



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What is the nicest thing you did for someone today?
What is the nicest thing that someone did for you?



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What foods on the table are crunchy?
What foods are chewy?
What foods are sweet?
What foods are spicy?



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If you could be any kind of food, what would you like to be? What would be fun about being that food?



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What is one of your favorite colors? Do you see anything on the table that is that color?



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What storybooks do you like to read? Is there a special book you would like to read together after dinner?



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What was the weather like outside today? What do you think the weather will be like tomorrow?



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What kinds of foods do you
to like eat best for breakfast
(lunch or dinner or when we
go to a restaurant)?



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If you could be any animal
in the world for a day, which
animal would it be? Why?



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What would you like to play
after we are finished with this
meal? Would you like to play
outside or read a book?



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What would be the best kind of
party you could imagine having
for your next birthday? Why?



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Do you have a make-believe
story that you would like to
share with the whole family
while we eat together?



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Would you like to help plan
dinner for tomorrow night?
What foods would you like to
help cook for dinner?



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What made you smile
(or laugh or giggle or cry
or feel sad or feel happy)
today? Why?



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Who did you sit next to at
preschool (or childcare or play
group or church) today? What
did you talk about?



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